

Section D

Competitions

*These rules are to be read in conjunction with Section "A" Competition General Rules
Section "B" – Track Events & Section "C" – Field Events and take precedence over the General Rules*

1. ZONE/REGION/STATE TRACK & FIELD

1.1 Eligibility

- i. All athletes must be registered with LANSW.
- ii. LANSW athletes can only enter the Zone Championships for the Zone containing their centre. "Individually registered athletes" can only enter the Zone Championships for the zone to which they have been allocated, based upon their place of residence.

Where direct entry as per 1.2 ii above, has been approved for a region, LANSW athletes may only enter the region containing their centre (or zone for individually registered athletes).

- iii. Age divisions:

Zone	U7-U17
Region	U8-U17
State	U9-U17

- iv. Athletes must compete in their own age group.

1.2 Entry to Zone and Progression to Region

- i. Athletes may only compete in one LANSW Zone Championship in a season. Athletes who have entered/competed at a Zone Championships may not also enter/compete at a Regional Championship via direct entry and vice versa.
- ii. A maximum of 4 athletes from each centre (or a greater number at the discretion of the Zone) in age groups from U7 to U11 are allowed in each event, and no athlete will compete in more than 4 events, excluding the relays.
- iii. In the U12 to U17 age groups, there is no restriction on the number of athletes a centre may enter in an event; however, no athlete will compete in more than 6 events, excluding the relays.
- iv. For Multi-Class events, athletes in the U9/U10 age group may compete in a maximum of 4 events; athletes in the U11/U12 age group may compete in a maximum of 5 events; and athletes in the U13/U14 and U15/U17 age groups may compete in a maximum of 6 events.
- v. Athletes must compete at and qualify for LANSW Region Championship via a LANSW Zone Track & Field Championship unless all zones within a region have agreed that 1.2 v applies (U12 to U17 only). The number of entries per Zone will be based upon the number of Zones in the Region, which is:
 - 2 zones = first 6 in each zone plus next best 4 clear final performances over both zones;
 - 3 zones = first 4 in each zone plus next best 4 clear final performances over all zones;
 - 4 zones = first 3 in each zone plus next best 4 clear performances over all zones.

NB: "clear" means that there cannot be any ties for the next best performances (refer Section B, 1.1).

Note:

- Any places at a zone not filled by automatic progression will not be filled by additional next best performances from the other zones.
- The centre must forward entries in the approved format to the zone coordinator for all athletes representing their centre. Little Athletics NSW must forward entries for "individually registered athletes" to the zone coordinator.

vi. **Direct Entry to Region (U12 to U17)**

Athletes are permitted direct entry into Regional Championships without having to compete at a Zone Championships, providing the following conditions are met: -

- All Zones within a Region agree that direct entry to region will be the only option for the U12 to U17 athletes within their zone. This agreement must be notified to Little Athletics NSW by 30 June prior to the relevant Regional Championships and is irrevocable for that season.
- There is no restriction on the number of athletes from each centre that may enter/compete in each individual event.
- No athlete may compete in more than 6 events, excluding relays.
- No qualifying events can be conducted for those age groups at any of the relevant zones.
- Region entries must be through a centre on the approved form. Individually registered athletes can enter using the approved form.

1.3 Progression from Region to State

- i. Athletes must compete at and qualify for LANSW State Track & Field championships via an LANSW Region Track & Field Championship. Regions will be restricted to 2 automatic qualifiers per event, plus the next best 8 clear final performances across all regions, to a maximum of 24.

Note:

- Any places at a region not filled by automatic progression will not be filled by additional next best performances from other regions.
- If an automatic qualifier is unable to attend the next level of championships, they may be substituted by the next ranked finalist from their event. The withdrawing athlete must have completed and submitted an official withdrawal form to the zone/region coordinator, **on the weekend of the relevant championship.**

ii. **Qualifying Standard 1500m Walk and 3000m Run**

- a. A maximum qualifying time for 1500m walk events for boys and girls are as follows: -

U12	11.00min
U13	10.45min
U14	10.30min
U15	10.15min
U17	10.00min

- b. A maximum qualifying time for 3000m races for boys and girls are as follows: -

U13	13.30min
U14	13.00min
U15	12.30min
U17	12.00min

- c. Athletes who cannot complete their 1500m walk or 3000m run within these time limits, at regional carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

iii. **Qualifying Standard for High Jump**

Athletes who cannot attain the state minimum starting height for the relevant age groups (see 1.5 next page) at regional carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

1.4 Relay Events – Zone/Region/State

i. Centre Teams

Centres may enter a maximum of 1 relay team in each division.

ii. Divisions

- a. Boys Junior
- b. Girls Junior
- c. Boys Senior
- d. Girls Senior

iii. Team Composition

- a. Junior – 4 athletes (one athlete from U9, U10, U11 & U12)
 - U12 may be replaced by an U9, U10 or U11
 - U11 may be replaced by an U9 or U10
 - U10 may be replaced by an U9

- b. Senior – 4 athletes (one athlete from U13, U14, U15 & U17)
- U17 may be replaced by an U15, U14 or U13
 - U15 may be replaced by an U14 or U13
 - U14 may be replaced by an U13
 - U13 may be replaced by an U12 (**Note:** a maximum of 1 x U12 athlete may be used in a senior relay team. If an U12 is used in the Senior Relay team the same athlete cannot be a member of the Junior Relay team).
- NB. Athletes may compete in any age order.
- iv. Eligibility
Minimum Age - Athletes must be genuine U9 and older.
- v. Age Substitution
No age substitution is permitted apart from that shown in iii above.
- vi. Team Progression – Zone to Region
- 2 zones = first, second and third
 - 3 zones = first and second
 - 4 zones = first and second
- Where direct entry is used for U12 to U17 athletes, only 1 team per centre (per division) may compete in the senior divisions at the Region Championships. **Note:** This may necessitate heats and a final at Regional Championships
- vii. Team Progression – Region to State
1 team per division will progress from Region to State.
- viii. Once the team qualifies, athletes may be replaced as required.
- ix. To be eligible for the relay teams' athletes must be registered with LANSW.

1.5 Rules Specific to Zone/Region/State

- i. Track Times
- a) The normal rules for timing an event apply, with the exception that hand times will be to the 1/100th of a second rather than 1/10th.
- b) For progression purposes manual times will be adjusted by adding: -
- 0.24 secs to the actual time for events up to and including 200m, and
 - 0.14 secs to the actual time for events over 200m and up to and including 400m.
- c) On all result sheets at zones and regions that use hand held times, there must be a sentence advising that this adjustment will be made in order for progressing athletes to be determined.
- ii. High Jump – starting heights
The starting height for high jumps will be as follows: -
- | | ZONE | | REGION | | STATE | |
|------------|------|-------|--------|-------|-------|-------|
| | Boys | Girls | Boys | Girls | Boys | Girls |
| U9 | 0.85 | 0.80 | 0.90 | 0.85 | 0.95 | 0.90 |
| U10 | 0.95 | 0.90 | 1.00 | 0.95 | 1.05 | 1.00 |
| U11 | 1.05 | 1.00 | 1.10 | 1.05 | 1.15 | 1.10 |
| U12 | 1.15 | 1.10 | 1.20 | 1.15 | 1.25 | 1.20 |
| U13 | 1.20 | 1.15 | 1.25 | 1.20 | 1.30 | 1.25 |
| U14 | 1.25 | 1.20 | 1.30 | 1.25 | 1.35 | 1.30 |
| U15 | 1.25 | 1.20 | 1.30 | 1.25 | 1.35 | 1.30 |
| U17 | 1.30 | 1.25 | 1.35 | 1.30 | 1.40 | 1.35 |
- iii. Reserves to Finals
Reserves to finals have been deleted from all levels of competition, including Zone, Region & State.

1.6 Local Rules

- i. To be accepted as a local rule, rules listed in the conditions of hiring a ground, eg. spikes, blocks etc. apply to all carnivals conducted at that ground, including zone, region and state.
- ii. Any other local competition rules which have been submitted and approved by LANSW before they can be used at zone, region and state. This is to be done on a carnival to carnival basis.
- iii. Local rules may not contradict Little Athletics NSW rules.

1.7 3000m

Zone and/or Region Coordinators are permitted to move the 3000m to suit weather conditions.

1.8 400m – Timed Finals

All 400m events at all Zones, Regions and the State Track & Field Championships will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest using the athletes' zone or region performances. Performances from all timed finals will be combined to determine the overall places for each age group.

1.9 800m – Timed Finals

All 800m events at the State Track & Field Championships will be conducted as timed finals, which will be seeded, using the athletes' performances from Regions, with the 12 fastest athletes in the same heat, which will be conducted last. Performances from both timed finals will be combined to determine the overall places for each age group.

1.10 200m Hurdles & 300m Hurdles – Timed Finals

All circular track hurdles, ie 200m & 300m hurdles at all Zones, Regions and the State Track & Field Championships will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest, using the results from the athletes' zones or region performances. Performances from all timed finals will be combined to determine the overall places for each age group.

1.11 Exemption from Zone Championships for U12 to U17

Athletes in the U12-U17 age groups, who are unable to attend their Zone Championships because they have been selected to represent NSW or Australia at a clashing National or International sporting event, will be able to automatically progress to the relevant Region Championships. The athlete MUST actually participate at the event they have been selected for. If for some reason they do not attend a clashing event, they will not be permitted to progress to the Region Championships.

The athlete must apply in writing (on the Application for Exemption Form, which can be found on the www.lansw.com.au website in the Competition/Zone section) to Little Athletics NSW, prior to their Zone Championships for this automatic progression to be accepted.

The application must be accompanied by documentation verifying their selection for the clashing event. If the exemption is due to the All Schools Athletics, the athlete does need to attach documentation from the clashing organiser, as the list of NSW team members is supplied to Little Athletics NSW.

1.12 Exemption from Region Championships (U17 age group only)

U17 athletes only, may be approved as a 'Wild Card' entry into the LANSW State Championships, if they have been unable to compete at the Region Championships due to a clashing Athletics Australia or Athletics NSW event, and would normally have qualified through to the State Championships based on their level of performance.

The athlete must apply in writing, to Little Athletics NSW, prior to their Region Championships for this automatic progression to be accepted.

The application must be accompanied by documentation verifying their selection for the clashing event.

1.13 Coaches Areas

Refer to Section C. 1.21.

1.14 Zone Championships – Order of Events

A standard zone program is supplied to all zone coordinators, who may change the order to suit local conditions. If the standard zone program is not used, the zone coordinator **must** provide the updated zone program to LANSW for posting on the LANSW website before the Zone Championships.

1.15 Region Championships – Order of Events

Regions are supplied with a matrix of events per day for the State Track & Field Championships. Regions are permitted to make changes to suit local conditions. If changes to the days that the events are held are made, they **MUST** submit their proposed order of events to the LANSW for approval. Once approved, regions can then publicise their program to their members. The Region Coordinator must also provide the updated Region program to LANSW for posting on the LANSW website before the Region Championships.

2. STATE RELAYS

*These rules are to be read in conjunction with Section "A" Competition General Rules
Section "B" – Track Events & Section "C" – Field Events and take precedence over the General Rules*

2.1 General Eligibility

- i. Track Relays will run independently of the Field Relays.
- ii. Athletes in the U8-U11 age groups may compete only in Track OR Field Relays, but not both, except for Section 5.
- iii. Athletes in the U12-U17 age groups may compete in both Track and Field Relays, on the express understanding that there is no clash management provided. It is the responsibility of the athletes to choose events carefully, follow the program and move between events via the appropriate call room, as and when required. .
 - Team Manager reports to the track call room with non-clashing athletes (if any) and advised call room of the clash. This is recorded on the lane draw sheets that go with the athletes to the changes.
 - Non clashing athletes are marshalled as normal and proceed to the relevant start line/change area.
 - At least 5 minutes before the scheduled start time, "clashing" athletes at field events go directly to the relevant start line/change area from the field area. If all 4 athletes are not at their area by time the event is placed on the track, the referee, on notice from the change chief, will exclude the team.
- iv. Athletes may compete up 1 age group (minimum age U8) to form a team, however athletes may only compete in 1 age group at the championships, and only in events / specifications offered for their own age group.
- v. U8-U11 may only compete on the Junior Day.
- vi. To be eligible for a medal, a team must comprise 4 athletes in track relays and 3 athletes in field relays.

2.2 Centre Categories

- i. Centres with a total of **200 or more** registered members from the previous season in the age groups U8 to U17 are **excluded** from entering teams in sections 2 & 5.
- ii. Centres with **less than 200** registered members for the previous season in the age groups U8 to U17 can enter teams in sections 1 & 3 plus section 4 **OR** sections 2 & 3 plus section 4.
- iii. Centres with a total of **less than 150** registered members for the previous season in the age groups U8 to U17 can enter teams as per ii. above as well as Section 5.

2.3 Event Sections

Section 1

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x 100 metres (Boys) Team of 4 boys	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 100 metres (Girls) Team of 4 girls	✓	✓	✓	✓	✓	✓	✓	✓	✓

Section 2

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x 100 metres (Mixed) Team of 2 boys & 2 girls	✓	✓	✓	✓	✓	✓	✓	✓	✓

Section 3

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
4 x 200 metres (Mixed) Team of 2 boys & 2 girls	✓	✓	No	No	No	No	No	No	No
4 x 400 metres (Mixed) Team of 2 boys & 2 girls	No	No	✓	✓	✓	✓	✓	✓	✓
Middle Distance Junior (Girls) Team of 4 girls	✓	✓	✓	✓	No	No	No	No	No
Middle Distance Junior (Boys) Team of 4 boys	✓	✓	✓	✓	No	No	No	No	No

Note: *Junior Middle Distance* to consist of 4 athletes from the U8 to U11 age groups, with there being only 1 x U8 athlete who will be the first runner running 700m. The remaining athletes to be from the U9 to U11 age groups, with a maximum of 1 x U11, 2 x U10 or 3 x U9 running 800m each.

TRACK	U8	U9	U10	U11	U12	U13	U14	U15	U17
Middle Distance Senior (Girls) Team of 4 girls	No	No	No	No	✓	✓	✓	✓	No
Middle Distance Senior (Boys) Team of 4 boys	No	No	No	No	✓	✓	✓	✓	No

Note: *Senior Middle Distance* to consist of 4 athletes from the U12 to U15 age groups, with a maximum of 1 x U15; 2 x U14; 3 x U13 or 4 x U12 all running 800m each.

Section 4 (centres may enter 2 teams in each event in Section 4)

FIELD	U8	U9	U10	U11	U12	U13	U14	U15	U17
Jumps Relay (Boys) Team of 3 Boys (Long Jump)	✓	✓	✓	No	No	No	No	No	No
Jumps Relay (Girls) Team of 3 Girls (Long Jump)	✓	✓	✓	No	No	No	No	No	No
Throws Relay (Boys) Team of 3 Boys, 2 x Discus, 1 x Shot	✓	✓	✓	No	No	No	No	No	No
Throws Relay (Girls) Team of 3 Girls, 2 x Discus, 1 x Shot	✓	✓	✓	No	No	No	No	No	No
Throws Relay (Boys) Shot, Discus, Javelin Team of 3 boys	No	No	No	✓	✓	✓	✓	✓	✓
Throws Relay (Girls) Shot, Discus, Javelin Team of 3 girls	No	No	No	✓	✓	✓	✓	✓	✓
Jumps Relay (Boys) Long, High, Triple Team of 3 Boys	No	No	No	✓	✓	✓	✓	✓	✓
Jumps Relay (Girls) Long, High, Triple Team of 3 Girls	No	No	No	✓	✓	✓	✓	✓	✓

Section 5

TRACK	
Junior 4 x 100m	A team of 4. One athlete from U/8, U/9, U/10 & U/11 & must have at least one member of either gender
Senior 4 x 100m	A team of 4. One athlete from U/12, U/13, U/14 & U/15 & must have at least one member of either gender
FIELD	
Junior 4 x Long Jump	A team of 4. One athlete from U/8, U/9, U/10 & U/11 & must have at least one member of either gender
Senior 4 x Long Jump	A team of 4. One athlete from U/12, U/13, U/14 & U/15 & must have at least one member of either gender

2.4 Substitutes

In Section 5, the Junior Middle distance relays, Junior & Senior 4 x 100m relays & Junior & Senior 4 x Long Jump relays there is no age substitution permitted. Athletes must only be of the age groups specified. Therefore reserves must be of the same age as the athlete they are replacing.

2.5 Timed Finals

4 x 200m, 4 x 400m events and middle distance events will be timed finals, ie. no heats will be conducted.

2.6 Field Event Athletes

- i. On the Junior Day, field event athletes will have an event identification mark, 1, 2 or 3 placed on their arm or leg. Eg S1 for a Shot Put athlete.
- ii. Each athlete is limited to 3 trials (except for High Jump).
- iii. Athletes may only compete in one leg of a field relay, Eg a High Jump athlete may not compete in the Long Jump or Triple Jump of the jumps relay.
- iv. Senior athletes can compete out of round, out of order.

2.7 Takeover Zones

- i. 4 x 400m relay
 - a. The 1st lap will be run entirely in lanes.
 - b. 2nd runners will continue in lanes until the breakline where they may cross to any lane if it is safe to do so.
 - c. The 1st runner must stay within their lane and as far as practicable within the takeover zone until all changes have been made.
 - d. 3rd and 4th runners will be placed on the track in the takeover zone in the order their team crosses the 200m mark.
- ii. 4 x 200m relays
 - a. Start on the 200m staggers
 - b. The whole race to be run in lanes
 - c. A 30-metre acceleration zone is allowed.
- iii. 4 x 100m Relays

In the 4 x 100m each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. Athletes are permitted to make a check mark (one piece only) on the track within their own lane, however adhesive tape only may be used.
- iv. Middle Distance Relay Junior
 - a. Start to be on 300m /1500 pack start line.
 - b. The 1st runners **must** be the U/8 athletes who will run 700m. Athletes may cross to any lane once the gun has gone and it is safe to do so.
 - c. 2nd, 3rd & 4th runners will be placed on the track in the takeover zone in the order their team member crosses the 200m mark for the second time.
- v. Middle Distance Relay Senior
 - a. Start to be on the 800m staggers.
 - b. The 1st runners are to run in lanes until the breakline where they may cross to any lane if it is safe to do so.
 - c.. 2nd, 3rd & 4th runners will be placed on the track in the takeover zone in the order their team member crosses the 200m mark for the second time.
- vi. In all Relays the baton changeovers must be executed within the specified takeover zone or disqualification will result i.e. the **baton itself must** be within the limits of the change area.

NB. The breakline shall be an arced line, 5cm wide, across the track, marked at each end by a distinctive marker positioned outside the track. To assist athletes identify the breakline, small cones or prisms, 5cm x 5cm and no more than 15cm high, preferably of a different colour as to the breakline & lane line, shall be placed on the lane line immediately before the intersection of the lane line and the breakline.

2.8 High Jump Starting Heights

- i. The starting height for the Relay high jumps will be as follows:
 - a. U10 0.95m
 - b. U11 1.05m
 - c. U12 1.15m
 - d. U13 1.20m
 - e. U14 1.25m
 - f. U15 1.25m
 - g. U17 1.30m
- ii. With the bar rising by 5cm increments until an athlete obtains a clear first place. If the athlete is within the vicinity of equalling or bettering the state record, the athlete shall then be offered:
 - a. To continue the competition proper.
 - b.
 - i) An attempt (3 jumps) at the record by raising the bar to equal or better the record.
 - ii) If this attempt falls outside of the 5cm increments i.e. (present record is 1.83m, athlete has cleared 1.80m, elects to attempt record 1.83m, if successful then the athlete may continue jumping at the next 5cm increment 1.85m).
- iii. Points to be allocated by 5cm increments only. No points will be gained by jumping between the 5cm increments.

2.9 Qualification to Finals

- i. Relay finals will utilise 8 lanes.
- ii. Placings will be taken into account when times are equal for the last qualifiers.
- iii. In all track events the heat winners plus the next fastest times to fill the available lanes shall proceed to the final.
- iv. Where insufficient teams marshal for heats, that event shall be run as a final at the time of heats. For the Middle Distance Relays the maximum number of teams per heat will be determined by the available number of lanes times 2.
- v. Where insufficient entries are received for heats at close of entries, that event will be scheduled as a final at the time of heats.
- vi. Where there is a tie for a place in the final, the qualifiers for that place shall be decided by a draw for the qualifiers for the final subject to ii. above.
- vii. Where there have been qualifying heats, teams shall be drawn for lanes in finals according to IAAF rules for the four highest ranked teams only. A second draw will be made to determine placings in the remaining lanes. For the purpose of determining the allocation of lanes, where teams have run in the same heat and have recorded the same time, the higher placed team shall be deemed to have run the better time.

2.10 Under 8 Teams

Boys' and girls' teams entered in the 4 x 100m and 4 x 200m relays may have a representative from their centre to place runners on the track at each change, if desired.

2.11 Starting Rules

For the Middle Distance Senior Relay (section 3) and the Senior 4 x 100m relay (section 5), the start rule as per U/13 to U/17 will apply.

3. COMBINED EVENTS

*These rules are to be read in conjunction with Section "A" Competition General Rules
Section "B" – Track Events & Section "C" – Field Events and take precedence over the General Rules*

3.1 Eligibility

Athletes **MUST** compete in their own age group.

3.2 Events

U7	Boys & Girls	50m; 100m; pack start; long jump; shot put; discus
U8	Boys & Girls	70m; 200m; pack start; long jump; shot put; discus
U9	Boys & Girls	100m; 60m hurdles; 800m; long jump; shot put; discus
U10	Boys & Girls	200m; 60m hurdles; 800m; long jump; shot put; discus
U11	Boys & Girls	100m; 80m hurdles; 800m; long jump; shot put; discus
U12	Boys & Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U13	Boys & Girls	100m; 80m hurdles; 800m; long jump; shot put; discus
U14	Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U14	Boys	200m; 90m hurdles; 800m; long jump; shot put; discus
U15	Girls	200m; 90m hurdles; 800m; long jump; shot put; high jump; javelin
U15	Boys	100m; 100m hurdles; 800m; long jump; discus; high jump; javelin
U17	Girls	200m; 100m hurdles; 800m; long jump; shot put; high jump, javelin
U17	Boys	100m; 110m hurdles; 800m; long jump; discus; high jump, javelin

3.3 Field Event Athletes

Athletes will receive 3 trials in field events, with no final rounds. Athletes are permitted to have 1 practice trials.

3.4 Competition Order

Athletes will follow the officials order for lane selection for all track events except for 800m which will be a seeded draw with the 16 leading athletes in the last heat. For field events athletes shall compete in the order as listed.

3.5 Track Event Athletes

There will be no finals for track events.

3.6 Disqualification – Track

Athletes will be disqualified for their 3rd false start. (refer to Section B Track 4.3 False Starts)

3.7 High Jump Starting Height

- i. U15 & U17 - 1.10m
- ii. With the bar rising by 5cm increments until an athlete obtains a clear first place. If the athlete is within the vicinity of equalling or bettering the state record, the athlete shall then be offered:
 - a. To continue the competition proper.
 - b.
 - i) An attempt (3 jumps) at the record by raising the bar to equal or better the record.
 - ii) If this attempt falls outside of the 5cm increments i.e. (present record is 1.83m, athlete has cleared 1.80m, elects to attempt record 1.83m, if successful then the athlete may continue jumping at the next 5cm increment 1.85m).
- iii. Points to be allocated by 5cm increments only. No points will be gained by jumping between the 5cm increments.

3.8 Point Score

- i. An athlete must attempt to start the track event; enter the circle; or respond to the long jump, high jump or javelin official when called to be considered a athlete.
- ii. An athlete who misses an event shall not be eliminated from the competition, however, they will not be included in the final results. An athlete removed from an event based on advice from the Medical Officer to the appropriate referee or manager shall be included in the final results.
- iii. The point score used will be as approved by LANSW.
- iv. In the event of a tie for a final placing, no countback shall be applied. Tying athletes will be given an equal placing.

3.9 Instruction/Coaching at Event Areas (U7-U11)

A more relaxed attitude to these younger age groups shall occur at this Combined Carnival, with time for instruction from the event officials and/or Little Athletics NSW coaches, before and during the events. Athletes in the U7 to U11 age groups will have the opportunity to learn 'how to' throw, jump etc during and before their events. Timetable considerations have been taken into account, with athletes reporting to their events areas 10 minutes prior to the commencement which will allow for such instruction to occur. Athletes in these age groups will not be permitted to leave the competition area.

It is noted that athletes in the U12 and above may utilise the coaches' area for instruction (refer Section C General Rules, Coaches Area).

4. STATE CROSS COUNTRY

(in conjunction with ANSW X COUNTRY SHORT COURSE)

Section A: General Rules

4.1 Eligibility

Members are to be registered with Athletics NSW (or other state member associations) or Little Athletics NSW for the current season and wear their club uniform with bibs worn front and back for the duration of the event. Little Athletics NSW members only need to wear their registration number on the front of their uniform top.

Non members are eligible to enter, however only ANSW registered athletes (or other athletes registered with another state member association) are eligible to receive medals in State Championship events.

Athletes in the U7-U11 age groups must wear their Little Athletics NSW centre uniform and can only compete in their registered age group.

The minimum age is U7 registered athletes. No U6 may enter this event.

In the Little Athletics age groups of U7-U11, spike shoes with or without spikes **MAY NOT** be used in any event. Football boots or cleats may not be worn.

4.2 Events, Age Groups & Distances (subject to change)

LITTLE ATHLETICS NSW RULES		ATHLETICS NSW RULES	
U7 (Boys & Girls)	1km	U13 (Boys & Girls)	3km
U8 (Boys & Girls)	1km	U14 (Boys & Girls)	3km
U9 (Boys & Girls)	1.5km	U15 (Boys & Girls)	4km
U10 (Boys & Girls)	1.5km	U16 (Boys & Girls)	4km
U11 (Boys & Girls)	2km	U17 (Girls)	4km
		U18 (Girls)	4km
U9, U10 & U11 Multi Class (Boys & Girls) (classification required)	1.5km	U17 (Boys)	5km
		U18 (Boys)	5km
		U20 (Girls)	5km
		U20 (Boys)	5km
		Open 30+, 40+ (Women)	6km
		Open 30+, 40+ (Men)	6km
		50+, 60+, 70+, 80+ (Women)	4km
		50+, 60+, 70+, 80+ (Men)	4km

4.3 Entry & Costs

Online entries will open online at least three (3) weeks prior to the competition and close at 9am on the Wednesday prior to the competition. Any athlete without internet access or credit card must contact Athletics NSW directly for an alternative method of entry. The online entry fee for the U9 through to U11 age groups will be advised nearer to date. Online entry for U13 and above will be advised nearer to date.

On the day entries are available but close 45 minutes prior to the event that the athlete wishes to enter. On the day entries are at higher cost. Entries for fun runs are available on the day at the price designated by the host club.

Family entries (2 adults and any number of children) across all age groups will be accepted up to the closing date for online entry by emailing the athletes' details to Athletics NSW, via email, info@nswathletics.org.au.

Only ANSW members (or other athletes registered with another state member association) or LANSW members are eligible for championship medals or club points.

4.4 Teams

- Teams for the U7-U11 age groups will consist of the first 3 from the same centre to cross the line.
- Teams will consist of 4 athletes from a club in U13-Masters.
- Little Athletics Centre athletes in the U13-U18 age groups can join with their respective senior club to form a team with their given age group. These centres must have a pre-established relationship in order to create a team. There will be forms on the day where club representatives can enter their team prior to the beginning of the race. It is encouraged to assist in the smooth transition from LA's to ANSW that they all wear the same (senior) club singlet. However, this is not mandatory.
- Regional clubs can combine to create a team if the clubs are from the same region. Club representatives must fill out a team form on the day prior to the start of the race.

4.5 Confirmation of Entry

Dual members, Little Athletics members and non-members must report to the registration desk on the day of competition at least 45 minutes before the race to confirm entry and collect a temporary timing tag. Athletics NSW members must wear their allocated timing tag and can report directly to the start area at race start time. Athletes who do not have the correct timing tag will not be given a place or time.

4.6 Medal Presentation

First, second and third place getters in both individual and team events shall receive a state medal. Medals will be presented to all individual medalists after the conclusion of each race. Team medals for U7-U18 will be awarded on the day. All other team medals will be sent to clubs in the week after the event.

4.7 Unauthorised Use of Course

Event courses are not available for warming up / warming down during the conduct of a race. The Referee reserves the right to disqualify the athlete/s, team or teams of the offending club/s or take other disciplinary action as may be deemed necessary.

4.8 Vehicles

In all races, no vehicle other than official cars shall accompany a runner or walker, nor park in such a way as to hinder a start, finish or changeover or control point.

For further rules, please go to the Athletics NSW website to view the Winter Handbook

5. STATE ROAD WALKS

(in conjunction with ANSW SHORT WALKS)

Section A: General Rules

5.1 Eligibility

Members are to be registered with Athletics NSW (or other state member associations) or Little Athletics NSW for the current season and wear their club uniform with bibs worn front and back for the duration of the event. Little Athletics NSW members only need to wear their registration number on the front of their uniform top.

Non members are eligible to enter, however only ANSW registered athletes (or other athletes registered with another state member association) are eligible to receive medals in State Championship events.

Athletes in the U9-U11 age groups must wear their Little Athletics NSW centre uniform and can only compete in their registered age group.

The minimum age is U9 registered athletes. No athletes younger than those registered in the U9 age group may enter this event.

5.2 Events, Age Groups & Distances (subject to change)

LITTLE ATHLETICS NSW RULES		ATHLETICS NSW RULES	
U9 (Boys & Girls)	1.2km	U13 (Boys & Girls)	2km
U10 (Boys & Girls)	1.2km	U14 (Boys & Girls)	2km
U11 (Boys & Girls)	1.5km	U15 (Boys & Girls)	3km
		U16 (Boys & Girls)	3km
		U17 (Boys & Girls)	3km
		U20 (Men & Women)	10km
		Open (Women)	15km
		Open (Men)	20km
		Masters (Men & Women)	5km

5.3 Entry & Costs

5.2.1 Entries will open online at least three (3) weeks prior to the competition and close on the Wednesday prior to the event. Any athlete without internet access or credit card must contact Athletics NSW directly for an alternative method of entry. The online entry fee for the U9 through to U11 age groups will be advised nearer to date. Online entry for U13 and above will be advised nearer to date..

5.2.2 On the day entries are available but close 45 minutes prior to the event that the athlete wishes to enter. On the day entries are at higher cost.

5.2.3 Family entries (2 adults and any number of children) across all age groups will be accepted up to the closing date for online entry by emailing the athletes' details to Athletics NSW, via email, info@nswathletics.org.au.

5.2.4 Only ANSW members (or other athletes registered with another state member association) or LANSW members may compete in NSW Walks Championships.

5.4 Teams

- Teams for the U9-U11 age groups will consist of the first 3 from the same centre to cross the line.
- There will be no team medals for U20-Masters age groups.
- Little Athletics Centre athletes in the U13-U18 age groups can join with their respective senior club to form a team with their given age group. These centres must have a pre-established relationship in order to create a team. There will be forms on the day where club representatives can enter their team prior to the beginning of the race. It is encouraged to assist in the smooth transition from LA's to ANSW that they all wear the same (senior) club singlet. However, this is not mandatory.

5.5 Confirmation of Entry

Dual members, Little Athletics members and non-members must report to the registration desk on the day of competition at least 45 minutes before the race to confirm entry and collect a temporary timing tag. Athletes NSW members must wear their allocated timing tag and can report directly to the start area at race start time. Athletes who do not have the correct timing tag will not be given a place or time.

5.6 Medal Presentation

First, second and third place getters in individual and Little Athletics team events shall receive a state medal. Medals will be presented to all individual medalists after the conclusion of each race. Team medals for U9-U18 will be awarded on the day.

5.7 Unauthorised Use of Course

Event courses are not available for warming up / warming down during the conduct of a race. The Referee reserves the right to disqualify the athlete/s, team or teams of the offending club/s or take other disciplinary action as may be deemed necessary.

For further rules, please go to the Athletics NSW website to view the Winter Handbook